

Abstract

Title: Effects of dance sport in the musculoskeletal system of the individual

Objectives: The goal is to musculoskeletal examination of selected individuals and evaluation the effect of dance sport on examined status. The results should be the basis for further research in this area.

Methods: Kinesiology analysis, bioimpedance analysis and X-ray were used for scrutiny of the musculoskeletal system. Primary and secondary data were analyzed afterwards.

Results: Findings of struktural deformities: flat feet (both), both sided hallux valgus with incipient degenerative changes of I. MTP joint (male), limit angle of I. MTP joint of left leg (female). These deviations are related to the using of dance shoes.

Muscle imbalance upper thoracic region and lateral imbalance of tested people are the result of the prescribed holding and leading used in dance.

Keywords: dance sport, musculoskeletal system, muscle imbalances, feet deformities